VANCOUVER metro®

NEWS WORTH SHARING.

Pospisil seals the deal

Hometown boy sends Canada to Davis Cup quarter-finals. Page 17

CALL FOR $15 AN HOUR

Participants in Vancouver's World March of Women are led up Commercial Drive by a lively carnival band on Sunday. The B.C. Federation of Labour used the International Women's Day march to call for an increase in the minimum wage. B.C. Fed president Irene Lanzinger said increasing the minimum to $15 an hour would help lift women and their families out of poverty. Story, page 4. MATT KIELTYKA/METRO

Fire chiefs clash over grow-op risk

Court. Case challenging medical marijuana laws set to hear from two experts on whether residential grow-ops are more vulnerable to fire

Surrey's fire chief has a "cultural confirmation bias" against licensed marijuana grow-ops, which is why he wrongly concludes they are more dangerous than regular residences, an expert witness will testify in a Vancouver court case.

Surrey fire Chief Len Garis, an expert witness for the federal government in a constitutional challenge of Canada's medical marijuana laws, has concluded there was a higher incidence of fires at homes with both illicit and legal marijuana grow-ops.

Garis will be called as a witness Monday when the case resumes in Federal Court in Vancouver.

John Conroy, the lawyer representing four people who have licences to grow medical marijuana, plans to call another fire expert to rebut Garis's evidence.

In an affidavit filed in court, Tom Moen, who is the fire captain and battalion chief of Fort McMurray, Alta., states that Garis has a "cultural confirmation bias" against marijuana grow-ops so he only sees evidence to confirm that homes with grow-ops have a higher incidence of fire.

A fire might have started as a result of low-income residents doing renovations that don't comply with fire or building codes, or because a house is old, Moen said.

Moen maintains homes with authorized medical marijuana grow sites have the same level of fire risk as other residences — 0.24 per cent.

NEAL HALL/FOR METRO

$2000* OFF TUITION THIS SPRING*

START AT SPROTT SHAW COLLEGE BEFORE MARCH 31, 2015 AND RECEIVE $2000* OFF TUITION.

*conditions apply

FIND YOUR PASSION. FIND YOUR PURPOSE.

310.HIRE (4473) OR VISIT SPROTTSHAW.COM

HEALTH CARE - BUSINESS - EARLY CHILDHOOD EDUCATION - LEGAL
TOURISM & HOSPITALITY MANAGEMENT - NUTRITION - AND MORE

SPROTT SHAW COLLEGE SINCE 1903

Enjoy iPhone 5s on Canada's largest LTE network.[1]

$0[2]

2-yr. Plus plan
with data
$639.95 No term

iPhone 5s

The highly advanced iPhone 5s is not only loaded with features and innovations, it's an incredible value.

Enjoy blazing-fast download speeds and amazing coverage on Canada's largest LTE network.

Get 1.5 GB of data[3], 300 anytime local minutes and more for only $80/month.

Have you considered trading-in your current phone? Visit any Bell store for a quick appraisal and get up to $250 towards your new iPhone.[4]

Bell trading up just got better

Get expert advice today.
Visit a Bell store near you:

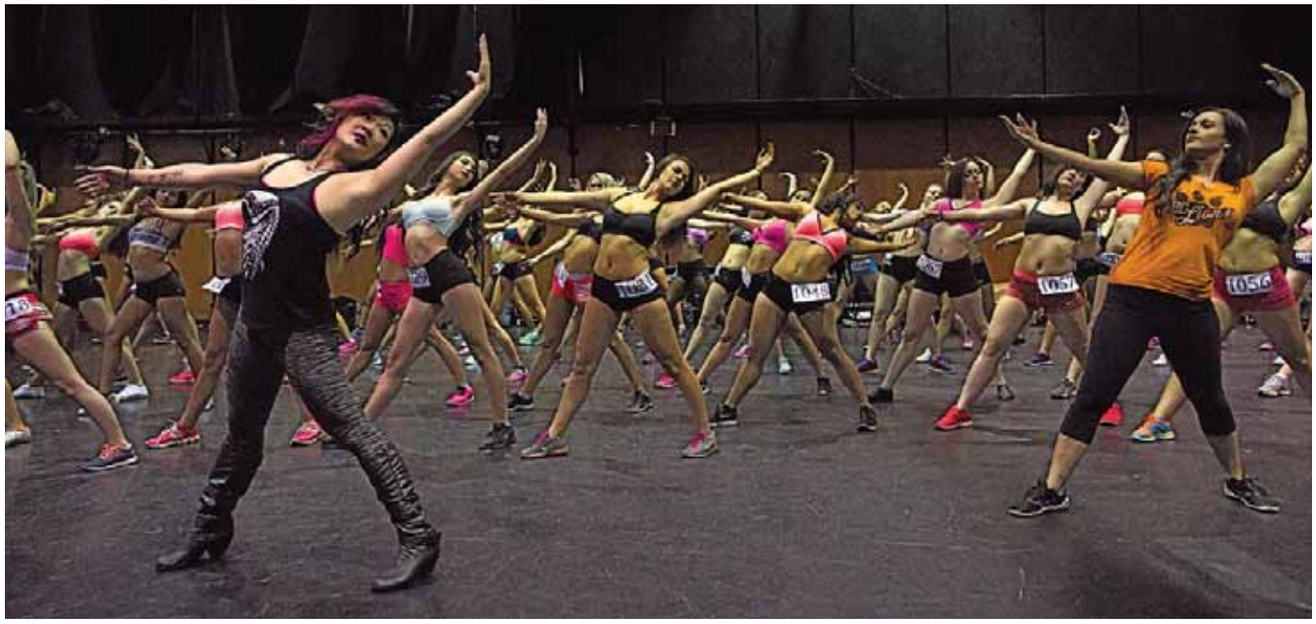
ABBOTSFORD
Sevenoaks Shopping Centre
BURNABY
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
CHILLIWACK
Eagle Landing Shopping Centre
Cottonwood Mall
COQUITLAM
Coquitlam Centre
CRANBROOK
First Pro Cranbrook
DAWSON CREEK
600 113th Ave
Dawson Mall
DELTA
Scottsdale Centre
Sunshine Village
FORT ST. JOHN
7920 Alaska Rd.
Totem Mall
KAMLOOPS
Aberdeen Mall
Lansdowne Village
KELOWNA
Dilworth Shopping Centre
Orchard Park
LANGLEY
Willowbrook Corner
Willowbrook Mall
MAPLE RIDGE
Haney Place Mall
NANAIMO
Country Club Centre
Woodgrove Centre
NEW WESTMINSTER
Queensborough Landing
PENTICTON
Peachtree Square
PITT MEADOWS
Meadowtown Centre
PRINCE GEORGE
Pine Centre
RICHMOND
Aberdeen Centre
Richmond Centre
SURREY
13630 72 Ave.
8363 128th St
Central City Shopping Centre
Clover Square Village
Guildford Town Centre
Panorama Village
Semiahmoo Shopping Centre
VANCOUVER
1147 Robson St.
698 West Broadway
2154 West 4th Ave.
2065 West 41 st Ave.
1588 West Broadway
1008 West Georgia St.
Capilano Mall
Lynn Valley Centre
Oakridge Centre
Pacific Centre
Park Royal
VERNON
Village Green Mall
VICTORIA
3500 Uptown Boulevard
Bay Centre
Hillside Centre
Mayfair Shopping Centre
Tillicum Centre
Westshore Town Centre

Also available at:

THE SOURCE I WANT THAT

Offer ends March 13, 2015. Available with compatible devices within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge ($15) and SIM card charge ($4.95) may apply. 9-1-1 government monthly fee in NL: $0.75 (effective March 1, 2015), NS: $0.43, PEI: $0.70, NB: $0.53, AB: $0.44. Taxes extra. Other conditions apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice. **(1)** Based on total square kms of coverage on the shared LTE network available from Bell vs. Rogers' LTE network. See bell.ca/LTE for details. **(2)** Available with new activations or upgrades of the 16 GB model with $80/mo. spend before tax. Promotional pricing may apply; visit bell.ca/rateplans for details. **(3)** Supports personal email accounts and HTML & WAP browsing and tethering. Corporate email integration and other corporate-type solutions not available. **(4)** At participating locations. Must be 18 yrs. or older and the legal owner of the phone traded in. Max. 1 phone per trade-in. Rebate applies at the time of purchase on the price of the device and/or accessories in-store after taxes. Amount of rebate depends on the value of the phone; not all phones will get a rebate. Apple and iPhone are trademarks of Apple Inc.

NEWS



Dancers roaring for a shot at joining the Felions

Hopefuls practise dance moves during tryouts for the B.C. Lions' Felions Dance Team in Vancouver on Sunday. Nearly 100 women auditioned in front of judges for 32 to 36 final game-day positions. Those who make the team perform at Lions games and make public appearances at community events. DARRYL DYCK/THE CANADIAN PRESS

Criminal past keeps local man from getting licence to sell cars

Law. Peter Fryer argued his previous convictions did not 'involve fraud or stealing money'

NEAL HALL
vancouver@metronews.ca

A Vancouver car salesman was denied a sales licence because he had a criminal record for armed robbery, kidnapping, extortion and theft.

In denying Peter Fryer a sales licence, the Motor Vehicle Authority of B.C. said car buyers expect honesty when dealing with salespeople.

Fryer appealed the Motor Vehicle's Authority's refusal, arguing the decision to deny him a licence was unreasonable because his convictions were not related to being a salesperson. He pointed out none of his convictions "involve fraud or stealing money from customers."

Fryer noted that people with criminal backgrounds have been granted licences with conditions.

A B.C. Supreme Court judge, in considering Fryer's appeal, observed that Fryer had 25 convictions dating back to 1975 — armed robbery, kidnapping, forcible confinement, extortion, five convictions related to driving under the influence of alcohol, a number of narcotics-related offences including trafficking and cultivation, charges for theft over $5,000, possession of stolen property and his most recent conviction in 2012 — for break-and-enter.

The judge also took into account that Fryer had worked briefly at a Kia dealership in Alberta, then at Coquitlam Chrysler and Carter Dodge in B.C. but was released when he was unable to obtain a sales licence.

Fryer failed to disclose his working as a car salesman in Alberta without a licence, which Fryer said was no "big deal" — he said he was just being lazy.

But the judge who heard Fryer's appeal said: "Contrary to his belief, it is a 'big deal' that he failed to disclose his prior work in Alberta as an unlicensed salesperson."

People buying cars expect honesty and integrity from salesmen, the judge said, concluding that the Motor Vehicle Authority made the correct decision.

MTI COMMUNITY COLLEGE
PCTIA
604.310.2684
MTICC.COM

MEANS BUSINESS!
Accounting & Payroll
Business Administration
Business Management
Office Administration
Payroll Certification

Classes Start Every Monday! Call 604.310.2684 to get started!

"MTI has made it easy for me to get my career going, and also offered me a great atmosphere and had friendly staff. I love my new job" -Asmaa

Court. First Nations fight herring fisheries off British Columbia's coast

First Nations in British Columbia are fighting the reopening of commercial herring fisheries on their territories, arguing that stocks remain perilously low.

The Haida Nation in Haida Gwaii recently won an injunction to block a planned fishery, while the Tseshaht Nation on west Vancouver Island plans to protest another.

A Federal Court judge released a decision this week that found there was a risk of "irreparable harm" if a large commercial herring roe fishery was allowed to re-open in Haida Gwaii this year.

Justice Michael Manson acknowledged the Department of Fisheries and Oceans has a "heightened duty" to accommodate the Haida, given their constitutional rights and environmental concerns.

He also wrote the government failed to meaningfully consult with the Haida in its plans.

Nation president Peter Lantin said in a statement he hopes the government will start working with the Haida to develop sustainable fisheries.

"This win is another step to building herring stocks, and in doing so, contributes to an economy that will provide a reasonable living for our people and the path of reconciliation with Canada," he said.

A year ago, the Haida joined two other First Nations to oppose a plan to open a commercial herring fishery that had been closed on Vancouver Island since 2006. THE CANADIAN PRESS

Earthquake protection. Seismic upgrades at schools lagging behind

B.C.'s education minister says plans to conduct seismic upgrades at schools in the province will take up to a decade longer than originally planned.

Peter Fassbender says the $2.2-billion project is set for completion 15 years from now, a decade longer than the government's original 2020 target.

Fassbender confirms recent estimates by the Professional Engineers and Geoscientists of B.C., which told the government last year the upgrades for high-risk schools outside of Metro Vancouver won't be ready until 2025, while the Vancouver high-risk schools won't be complete until 2030.

He says building science and construction techniques of the day are partly to blame for the delay but added Vancouver School Board slowdowns on project planning also contributed to the 10-year extension.

Vancouver board chairman Christopher Richardson says the board was never officially informed about the 10-year change. THE CANADIAN PRESS

Okanagan

U.S. ski coach sentenced to time served

An American cross-country ski coach who secretly took videos of young girls while at a resort in B.C.'s Okanagan has been sentenced to time served.

Jason Paur of Seattle, who has already spent 16 months in custody awaiting trial, was also given two years of probation on Friday by a provincial court judge in Vernon.

THE CANADIAN PRESS

Accident

No injuries in small plane crash in Surrey

Two people are uninjured after a small single-engine airplane crashed in Surrey.

RCMP and emergency services responded at around 10:30 a.m. Sunday to a private landing strip along the Serpentine River in the 4700 block of King George Boulevard.

Mounties say the small plane was in the process of taking off when it dipped to the right.

THE CANADIAN PRESS

B.C. Federation of Labour president Irene Lanzinger walks among the crowd during the World March of Women on Vancouver's Commercial Drive on Sunday. The B.C. Federation of Labour's first female leader says a $15 minimum wage is key to lifting women, and their families, out of poverty. MATT KIELTYKA/METRO

Women benefit from wage hike: Labour federation

Equality. Group also calls on the feds to launch an inquiry into missing and murdered women in Canada

MATT KIELTYKA
matt.kieltyka@metronews.ca

The B.C. Federation of Labour's first female leader says a $15 minimum wage is key to lifting women, and their families, out of poverty.

Irene Lanzinger, elected president of the federation in November, used Sunday's International Women's Day to renew her call for the provincial government to take action on poverty.

Raising the minimum wage and enacting a poverty-reduction plan (B.C. is the only province without one) are the most immediate steps the government can take, she said.

"There are still things we need to do to advance women's rights," she said ahead of Vancouver's World March of Women down Commercial Drive. "Poverty has a greater impact on women. If you're working on a salary less than $14 an hour, you can be working full-time and still live in poverty in this province. We need to get the minimum wage above the poverty line."

Lanzinger said 63 per cent of the province's minimum-wage earners are women, so an increase in the wage would help them first and foremost.

She also cited First Call statistics that show children of single mothers have a 50 per cent chance of growing up in poverty.

Simply pointing out B.C. is the outlier when it comes to having a poverty-reduction plan won't be enough to get change, Lanzinger said.

"I can't say with any confidence that (shaming) will work," she said. "There has to be a public outcry."

In addition to raising the minimum wage and establishing a poverty-reduction plan, the B.C. Federation of Labour called on the federal government to launch an inquiry into missing and murdered women during the rally.

Victim sought in sexual-assault case

Transit Police have their suspect but can't proceed with a sexual-assault investigation until they track down the alleged victim.

The department is publicly asking for a woman to come forward after an alleged sexual assault on a Canada Line train in Richmond on the morning of Thursday, March 5.

Police were first notified of the incident by a witness who flagged down an officer on patrol at Bridgeport Station to report a crime.

The witness claimed the woman had been groped by a male on the train and identified the suspect, who had also gotten off at Bridgeport Station, to police.

The suspect was stopped and questioned, but Transit Police say he was allowed to proceed without arrest or charges since further investigation — and a victim — was required.

According to the witness, the victim of the alleged assault was visibly upset, but police say she has yet to report the incident.

They hope she will come forward now that police have made a public plea.

"We would very much like to speak to the victim in order to proceed with the investigation and charges," Transit Police spokeswoman Anne Drennan said in a statement.

The victim is described as a five-foot-seven Asian woman, 18 to 25 years old, with a slender build, black hair and straight bangs.

At the time, she was wearing a grey wool sweater, black T-shirt, ripped black jeans and had a Gucci backpack and a pink iPhone.

Anyone with information is asked to call 604-515-8300. MATT KIELTYKA/METRO

B.C. team builds immersive virtual reality headset for medical training

Aaron Hilton of Conquer Mobile wears the Wavesine headset and experiences a waterfall in virtual reality at Emily Carr University of Art + Design. CONTRIBUTED

Technology.
'Vroaming' offers a tether-free experience

THANDI FLETCHER
thandi.fletcher@metronews.ca

Performing surgery without experience can be risky, but what if surgeons could practise procedures before ever holding a scalpel?

A team of researchers at the Emily Carr University of Art + Design in Vancouver is making that a virtual reality, pushing the boundaries of augmented experiences with a new technology called "vroaming."

"Vroaming is being able to walk around in physical space that is also mapped to virtual space," explained Maria Lantin, research director for Emily Carr University's Intersections Digital Studios, who coined the term.

Most virtual-reality headsets on the market, like Oculus Rift and Samsung's Gear VR, have users tethered to a computer with a cable.

But vroaming works without any wires, allowing users to become fully immersed in the virtual-reality experience, said Lantin.

Users wear a body suit as well as an untethered head-mounted display that wirelessly tracks their movement. With the combined technologies, users essentially become an avatar, said Lantin.

While wearing the headset, users can look at their hands or feet and see their avatar's body — and can even walk up to other avatars and touch them.

"That experience is really mind-blowing," she said, "to be able to go up to a virtual character and they have substance."

Now Lantin and her team are applying the technology to health care.

They recently partnered with Vancouver-based mobile app developers Conquer Mobile to develop medical simulations that can help train nurses and doctors risk-free and, in turn, increase patient safety.

Aaron Hilton, CTO of Conquer Mobile, said the technology holds promising potential for the medical field.

"People think of (virtual reality) as experimental and all about gaming, but (virtual reality) is gaining traction and affordability with some very serious applications," he said at a recent event at the university.

Orca 'grandmothers' near Vancouver Island run the pod: Study

British researchers studying killer whales off the coast of Vancouver Island have discovered that female orcas that have gone through menopause are the leaders of their pods.

Darren Croft, the study's senior author and a University of Exeter behavioural ecologist, said the grandmother whales appear to lead the younger members of their pod, especially when food is scarce.

"Leadership by these elder females is most pronounced in difficult years when salmon abundance is low," he told Metro in an email interview.

For the study, published this week in Current Biology, the researchers analyzed four decades' worth of data from the Center for Whale Research and observed 102 individual killer whales.

Croft said the findings could help explain why female killer whales live so long — up to 40 years longer than males — and why they continue to live long after they have stopped reproducing.

Female whales will typically have their first calf at 12 and can live into their 90s, despite the fact that they typically stop reproducing at the age of 40.

Males, on the other hand, mature at a similar age but generally only survive until their 30s or 40s, said Croft.

The accumulated knowledge and wisdom menopausal females possess may help boost the survival of the entire pod, he explained.

Croft said he and his team are now studying the forces that drive the evolution of menopause in female orcas.

"In addition to the benefits mothers gain from living a long time, there must also be benefits to no longer producing offspring," he said. "So next we are going to focus on exactly how mothers benefit from stopping reproduction."

THANDI FLETCHER/METRO

Newborn orca J-51 was spotted swimming with mother J-19.
COURTESY CENTER FOR WHALE RESEARCH

Sea cadet volunteer suspended following child-luring charges

The Department of National Defence and Canadian Armed Forces say they take child-luring charges against a former B.C. naval cadet program volunteer "very seriously."

Twenty-seven-year-old Victor Overfield of North Vancouver was arrested last December and has been charged with one count of child luring and one count of sexual touching.

Overfield volunteered with the Royal Canadian Sea Cadets in North Vancouver from 2007 to 2012 and with the Navy League Cadets in Vancouver from 2012 until his arrest.

The Royal Canadian Sea Cadets is a national youth program administered by the armed forces and funded by the Department of National Defence.

A spokesman for the national defence department says cadets' safety is the organization's "first priority" and all volunteers are screened every five years, including through a police records check.

Allegations

Court documents indicate the charges relate to an incident alleged to have occurred on Nov. 1 of last year in Surrey.

- The allegations against Overfield have not been tested in court.

Maj. Doug Keirstead says sexual harassment and abuse are not tolerated and any allegations are immediately investigated by authorities and followed up with appropriate action.

Meantime, a spokesman for the Navy League Cadets says Overfield was suspended pending the outcome of the investigation and directed to refrain from contacting cadets.

Andrew Warden says volunteers are screened carefully and all cadets receive training to recognize and report harassment and abuse. He adds a policy is in place to prevent one-on-one contact between volunteers and cadets.

THE CANADIAN PRESS

We are Hiring!
We are looking for package handlers to join our team.
Work at our Richmond (YVR) location, from Monday to Friday. Early morning (3AM) and Mid-Afternoon (3PM) shifts.
Send your resumes to:
upsjobsbc@ups.com
604-295-3566 (fax)
UPS is committed to diversity.
Only those contacted will be considered.

Attacks

Ambassador says gunmen linked by terror movement

The gunmen who launched attacks in Ottawa, Paris and Copenhagen are all linked to the broader Islamist terrorist movement in Iraq and Syria, says Nicolas Chapuis, French ambassador to Canada. "The so-called lone wolves that we have witnessed in Ottawa, Paris, Copenhagen are all united by this ideology of destruction," he said in an interview. THE CANADIAN PRESS

Manitoba

Selinger wins NDP leadership race

Manitoba Premier Greg Selinger will lead the NDP into next year's election after barely winning the support of party delegates in a leadership race. Selinger beat former health minister Theresa Oswald by 33 votes on the second ballot of a leadership campaign that was prompted by an internal revolt within the NDP. He took just over 51 per cent of the vote with 759 ballots while Oswald won 49 per cent. THE CANADIAN PRESS

CN train. Derailment spurs concerns over oil transport

Another train derailment in northern Ontario has added new fuel to the ongoing debate over whether rail is a safe way of transporting crude oil.

First Nations and environmentalists are among those expressing alarm over Saturday's derailment of a CN Rail train that causing numerous tank cars carrying crude oil to catch fire and spill into a local river system.

CN said Sunday there were 94 cars on the train, all carrying Alberta crude to Eastern Canada when approximately 30 of them derailed near Gogama, Ont, about 80 km south of Timmins.

Some of the cars caught fire and some crude entered the Mattagami River System.

Chief Walter Naveau of the Mattagami First Nation says his community does not feel safe after the third CN derailment in northern Ontario in less than a month. There are concerns over the effects of smoke inhalation and environmental damage, he said.

CN said residents will likely see smoke rising from the derailment site but that this poses no threat to people or the environment.

CN also said it's taken measures to contain any spilled oil and will work to stop it from spreading into the local river system. THE CANADIAN PRESS

Quoted

"People in the community were feeling the affects of the toxins in the air — respiratory problems, they could feel it in their chests and their breathing."

Chief Walter Naveau of the Mattagami First Nation

Jobs. Tory MP apologizes after 'offensive' remarks

A Conservative MP has apologized for using "offensive and inappropriate language" related to Canada's temporary foreign workers program.

Media outlet iPolitics is reporting that New Brunswick MP John Williamson told delegates at a conference in Ottawa that it makes no sense to pay "whities" to stay home while companies bring in "brown people" as temporary foreign workers.

Williamson posted a series of tweets Saturday to apologize for language he used in reference to the controversial federal program, but he did not elaborate on what he said.

"Today I used offensive and inappropriate language regarding the Temporary Foreign Workers Program," he wrote on Twitter. "For this I apologize unreservedly."

Williamson, a former communications director for Prime Minister Stephen Harper, also wrote he believes different parts of the country have different labour needs.

He said employers in his riding should try to fill job openings by giving Canadian workers priority.

IPolitics reports that Williamson made the remarks in response to a question at a conservative policy conference about the shortage of workers in meat packing and processing plants. The report says Williamson responded by saying he realized labour shortages have been a bigger problem in Western Canada than his own region. THE CANADIAN PRESS

Fahmy to advocate for free press after ordeal

Canadian acting bureau chief of Al Jazeera English, Mohamed Fahmy, left, leaves a court with his fiancée Marwa Omara after a hearing in his retrial Sunday in Cairo, Egypt. The retrial of Fahmy and another Al Jazeera English journalist, Baher Mohammed, both of whom face terror-related charges in Egypt, has been postponed until March 19. The Canadian journalist says he wants to make every moment of his time count. To that end, Fahmy is launching an organization that will advocate for imprisoned members of the press. The 40-year-old was recently released on bail after more than a year in a Cairo prison. The motivation for the Fahmy Foundation for Free Press came from his own experience behind bars.

PHOTO: THE ASSOCIATED PRESS

TEXT: THE CANADIAN PRESS

Canadian soldier's death prompts conflicting stories

Sgt. Andrew Joseph Doiron. Kurdish officials say soldier was on the front lines, but a military official disputes these claims

Canadian and Kurdish officials on Sunday offered conflicting accounts of the death of a Canadian soldier in a friendly-fire incident in Iraq, with the Kurds saying he was on the front lines directing airstrikes and the Canadians saying he was not there to direct airstrikes that night and was well behind the front line when shot.

The death of Sgt. Andrew Joseph Doiron on Friday marked Canada's first casualty as part of the U.S.-led coalition's war on the extremist Islamic State of Iraq and the Levant (ISIL). Three other Canadian soldiers were injured in the incident.

Kurdish officials said Sunday that Doiron was killed after he and other Canadian soldiers showed up to the front line unannounced to call in airstrikes.

"They went to the front line to direct airstrikes because the area was attacked by ISIS the day before," Hezhar Ismail, director of co-ordination and relations for Kurdish peshmerga forces, told The Associated Press, using an alterante acronym for ISIL. Peshmerga spokesman Halgurd Hekmat said a group of Canadian soldiers showed up unannounced Friday to the village of Bashiq in Iraq's Nineveh province near the militant-held city of Mosul. The area had seen heavy fighting against ISIL militants the previous day.

"When they returned, the peshmerga asked them to identify themselves," Hekmat said. "They answered in Arabic, that's when peshmerga started shooting. It was their fault." Hekmat said he doesn't know why the Canadians were there.

But Canadian Defence Minister Jason Kenney and a senior Canadian military official said the soldiers had returned to an observation post at least 200 metres behind the front line.

The senior military official, who spoke on condition of anonymity because they were not authorized to speak publicly, said the Canadian soldiers were at the same observation post earlier in the day and co-ordinated with the Kurdish soldiers on how they would return that evening and what signals they would give. The official said the soldiers successfully passed through two Kurdish positions before reaching the third post, where they were fired upon.

"They got lit up by one guy for reasons that are unknown to us," the official said. The official also said the Canadian soldiers were not at the front line to direct airstrikes that night. When asked if they were scouting potential airstrike targets, he declined to say.

The three injured soldiers were in stable condition. Two remained in Irbil, and the third was flown to Germany for treatment. The official said Doiron's body won't be flown back to Canada until Tuesday at the earliest. THE ASSOCIATED PRESS

Quoted

"It's a regrettable case of mistaken identity. Obviously we want to know what happened."

Defence Minister Jason Kenney

Iraq mission

Analysts say support may still be strong

The death of a Canadian soldier in Iraq will test the public's appetite for the mission, but support for the campaign is likely stronger than ever following last fall's attacks on home soil, defence analysts said Sunday.

Sgt. Andrew Joseph Doiron was killed Friday and three other Canadian special forces troops were wounded by friendly fire from Kurdish peshmerga fighters.

Defence expert Stephen Saideman said Canadians are probably more willing to tolerate casualties in Iraq following the deadly attack in Ottawa last October by a gunman who Canada's military interventions in the Middle East.

The public may also be more willing to send Canadian troops to dangerous areas because the Iraq mission has had success limiting the advance of ISIL, said Saideman.

Defence expert Roland Paris said the impact of this incident on public opinion will only be known once more details emerge. But Paris said while Canadians were divided over the Afghanistan mission, support for that campaign didn't collapse when casualties mounted. THE CANADIAN PRESS

In pictures: International Women's Day

1 Activists shout slogans during a march through the streets of the Moroccan capital as they mark International Women's Day in Rabat on Sunday. ABDELJALIL BOUNHAR/THE ASSOCIATED PRESS

2 An activist shouts during a march toward the Malacanang Presidential in Manila, Philippines. The protesters, which were demanding the resignation of Philippine President Benigno Aquino III, accused him of neglecting women and their families. AARON FAVILA/THE ASSOCIATED PRESS

3 A woman holds up a placard with a feminist image combining a female gender symbol and a black-power fist during a women's-day march in Berlin. GETTY IMAGES

4 People march from the United Nations to Times Square in New York City. About 1,000 people gathered for the rally. MARK LENNIHAN/THE ASSOCIATED PRESS

5 An activist performs in favour of the legalization of abortion as part of International Women's Day in Sao Paulo, Brazil. NELSON ALMEIDA/AFP/GETTY IMAGES

Relatives of passengers on board the missing Malaysia Airlines Flight 370 protest near the Malaysian Embassy in Beijing on Sunday, the one-year anniversary.
NG HAN GUAN/THE ASSOCIATED PRESS

Families of Flight 370 victims won't give up

Malaysia Airlines. Despite an intensive yearlong search, no trace of the Boeing 777 has been found

Vowing never to give up on the desperate search for Malaysia Airlines Flight 370, family members of those aboard the plane wore symbolic T-shirts and released white balloons Sunday as they marked the anniversary of the jet's disappearance.

Gatherings were held in Kuala Lumpur, where the flight departed on March 8, 2014, and Beijing, where it was headed when it vanished with 239 people aboard. Despite an intensive yearlong search, no trace of the Boeing 777 has been found.

"My daughter asks me every day, 'Where is Daddy? Why isn't he answering his phone?'" a teary-eyed Kelly Wen, of China, said at a gathering at a Kuala Lumpur mall.

The more than 100 people who gathered wore white T-shirts bearing the picture of an airplane and the words "Search on." A video tribute to the passengers and crew members was played.

About 30 family members went on stage for speeches and a group photo.

One man dedicated a poem to his cousin Anne Daisy, who was aboard the plane. "You have been hidden from me. I don't know where to search. When will we once again meet?" Raymund Gagarin said.

Daisy's 27-year-old daughter, Grace Subathirai Nathan, then gave a speech in tribute to her mother. Nathan, who helped organize the event, said she was in London when the tragedy occurred.

"Every day is like a living nightmare. I miss my mother so much. She was to me my everything," an emotional Nathan said. "It is so important that we have some form of closure. It is so important not to give up on the people that we love."
THE ASSOCIATED PRESS

Report

Battery had long expired

The first comprehensive report into the disappearance of Malaysia Airlines Flight 370 revealed Sunday that the battery of the locator beacon for the plane's data recorder had expired more than a year before the jet vanished. The report came as Australian Prime Minister Tony Abbott said the hunt for the plane would not end even if the scouring of the current search area off Australia's west coast comes up empty.

Thousands crowd Alabama bridge in memory of landmark civil-rights clash

Crowds take a symbolic walk across the Edmund Pettus Bridge, Sunday.
BILL FRAKES/THE ASSOCIATED PRESS

Thousands of people crowded an Alabama bridge on Sunday to commemorate a bloody confrontation 50 years ago between police and peaceful protesters that was a landmark in the civil-rights movement and helped bring about the 1965 Voting Rights Act.

A day after U.S. President Barack Obama walked atop the Edmund Pettus Bridge, people jammed shoulder-to-shoulder, many unable to move.

Police said at least 15,000 to 20,000 people had joined the crush on and around the small bridge. Many came from around the country for several related events.

William Baldwin, 69, of Montgomery, Ala., brought his two grandsons, ages 11 and 15, to the bridge Sunday so they could grasp the importance of the historic march he took part in a half-century earlier.

"They're going to take this struggle on, and we have to understand the price that was paid for them to have what they have now," Baldwin said. "It wasn't granted to them; it was earned by blood, sweat and tears." THE ASSOCIATED PRESS

Arrests made in Nemtsov killing

Moscow. Russian court charges two men; three jailed awaiting charges

Tamerlan Eskerkhanov, Shagid Gubashev and Khamzad Bakhaev, suspected in the killing of Boris Nemtsov, sit in a Moscow court. THE ASSOCIATED PRESS

Five men were behind bars Sunday after either being charged or suspected in the killing of Kremlin critic Boris Nemtsov, but details remained unclear in the case that has shaken Russia's marginalized and struggling opposition movement.

The five appeared in a Moscow court, where two were charged in connection with the shooting of Nemtsov as he walked across a bridge near the Kremlin on Feb. 27. The other three were remanded to jail pending the filing of charges, which Russian law says must be done within 10 days.

Russian news reports meanwhile cited unnamed sources as saying another suspect had killed himself with a grenade after police blocked his apartment on Saturday in Grozny, the capital of the republic of Chechnya. There was no official comment from Moscow on the reports, but Chechen President Ramzan Kadyrov appeared to partially confirm it Sunday.

One of the judges in the two separate hearings said suspect Zaur Dadaev had acknowledged involvement, but Dadaev did not admit guilt in court. The other suspect who was charged, Anzor Gubashev, denied guilt.

THE ASSOCIATED PRESS

Iran's leader tries to halt health rumours

Iranian Supreme Leader Ayatollah Ali Khamenei waves while attending a meeting with a group of environmental officials and activists at his residence in Tehran on Sunday. Khamenei made the public appearance amid rumours that he had been hospitalized in critical condition. A relative dismissed the claims as gossip meant to derail ongoing nuclear talks with world powers. OFFICE OF THE IRANIAN SUPREME LEADER/THE ASSOCIATED PRESS

Ally urges Clinton to explain email actions

Former U.S. secretary of state Hillary Rodham Clinton should fully explain her actions involving the use of a private, non-government email account when she was the country's top diplomat, U.S. Sen. Dianne Feinstein said on Sunday, becoming the first major Democrat to urge Clinton to share more details of the private account.

Feinstein said the former first lady and New York senator "needs to step up and come out and say exactly what the situation was," adding that from "this point on, the silence is going to hurt her."

Clinton's husband, former president Bill Clinton, also avoided the controversy Sunday morning.

Asked whether his wife was treated fairly, Bill Clinton replied, "I'm not the one to judge that. I have an opinion but I have a bias.

"I shouldn't be making news on this."

Hillary Clinton has been criticized for her use of the private email account and whether she complied with federal rules requiring officials to retain their communications. Clinton says that she's turned over all relevant emails — totalling 55,000 pages — to the State Department for review.

Last week, the House committee investigating the deadly 2012 attacks in Benghazi, Libya, issued subpoenas for Clinton's emails. Its chairman said Sunday, "We're not entitled to everything. I don't want everything. I just want everything related to Libya and Benghazi."

Clinton is considered the front-runner for the 2016 Democratic presidential nomination but hasn't entered the race yet.

So far, a tweet has been her only comment on the email controversy. She did not address the issue Saturday night during an event in Florida.

THE ASSOCIATED PRESS

Iran

Obama says nuke agreement must have verification

President Barack Obama says the United States would "walk away" from nuclear talks with Iran if there's no acceptable deal.

Obama says any agreement must allow Western powers to verify that Tehran isn't going to obtain an atomic weapon, and that if Iran "cheated," the U.S. and others would have "enough time to take action.... If we don't have that kind of deal, we're not going to take it."

THE ASSOCIATED PRESS

Liberia

Ebola outbreak is contained

The Liberian government dismantled a crematorium and removed the ashes of more than 3,000 Ebola victims. The epidemic's last patient was discharged last week. THE ASSOCIATED PRESS

Health. Consumers not at risk for mad cow: Expert

Canada's chief veterinary officer says some cattle associated with the investigation into a case of mad cow disease in Alberta were slaughtered over the last few years and entered the human food chain.

But Harpreet Kochhar said consumers are not at risk because of Canada's bovine spongiform encephalopathy (BSE) safeguards.

"There is no food-safety concern here because any of these animals would have been slaughtered and the specified risk material, which is the material which actually harbours prions, (would) have been removed completely — and that is because of the enhanced feed ban," Kochhar said, adding that if any cattle displayed symptoms they would not have been brought to a slaughterhouse.

Last week, a report posted on the World Organisation for Animal Health (OIE) website indicated that 317 cattle out of 750 associated with the BSE investigation had been slaughtered.

The numbers refer to cattle born within one year of a BSE cow's March 2009 birth. Both numbers have since been removed from the OIE website.

Kochhar said the posting was an initial draft and the slaughter number was not correct and could be "approximately right within 95 per cent confidence."

Investigators are working to confirm the total, which will be submitted to the OIE, he said.

A typical BSE investigation takes about six months before a final report can be submitted to the OIE, he said.

THE CANADIAN PRESS

'Mad cow'

BSE is a fatal and untreatable wasting disease of the brain and nervous system.

- **Cause.** BSE is caused by rogue proteins —prions — that can be spread by contaminated feed. Humans who eat infected beef can then develop the fatal disease.

NHL, Samsung Canada set to announce corporate deal

A woman uses a smartphone to take photos of an NHL game. A new partnership will give Samsung smartphone users access to NHL video content not available on other devices. JULIO CORTEZ/THE ASSOCIATED PRESS

Smartphones. Exclusive league content will be featured on Samsung's mobile devices

The NHL and Samsung Canada are expected to announce that the electronics manufacturer will become an official corporate sponsor of the league. But the deal isn't just about placing logos on rink boards.

When Samsung smartphone users download the NHL app, they'll have access to videos that iPhone and BlackBerry users can't view — specifically, edited footage from the league's "Situation Room," where officials watch videos, then issue rulings on disputes.

While fans at home and at the arena will learn the outcome of the call, Samsung users will be able to view a video explaining how officials reached their decision.

The move is an attempt to find an edge in an ultra-competitive smartphone market. According to a 2013 Ipsos-Reid survey, 29 per cent of Canadian mobile phone users have Samsung devices, while 33 per cent use iPhones.

"It's become an interesting race in the mobile space. If I can create a compelling reason for you to switch off that platform to my platform, it's beneficial for us," said Paul Brannen, Samsung Canada's senior vice-president of mobile solutions.

The agreement also taps into a synergy between Samsung's desire to feature its products and the NHL's need to keep pace with shifting viewing habits. The deal will see Samsung sponsor a blog on NHL.com, but marketing experts feel exclusive content is the most important part of the partnership.

"People want to be able to stream, and it allows Samsung to truly showcase how their products can be brought to life," said Keith McIntyre, president of the KMac Group.

TORSTAR NEWS SERVICE

TAKE 5.
Get LASIK today,
take 5 years to pay.†

Starting at $490 per eye*

LASIK MD
VISION

Book a free consultation at
1-855-301-2020 or lasikmd.com

†Subject to credit approval. Interest financing starting at 8.9% over 60 months.*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at $490 per eye and Custom LASIK starting at $990/eye. Applicable to surgery on both eyes only. Other conditions may apply.

VOICES

LONG LIVE THE QUEEN OF EAST VAN

NDP all-candidates debate at Rio Theatre tonight could decide more than who replaces Libby Davies

CITY HOLLER
Trish Kelly

Since Libby Davies first became an MP in 1997, she has been the unofficial queen of East Van. In December, Libby announced she will not run again in the upcoming federal election. She has championed issues that matter in East Van and it will be very hard to fill her shoes. A few contenders are seeking the nomination to be the new NDP candidate, and tonight, they will take to the stage at the Rio Theatre in an all-candidates debate.

A co-founder of the Downtown Eastside Residents Association back in the 1970s and a Vancouver city councillor for five consecutive terms, Davies has spent over 30 years championing causes that are at the heart of life in East Van like affordable housing and the call for a national inquiry into missing and murdered aboriginal women.

I'm a resident of the riding and voting had been a no-brainer since I first moved here, knowing that the elected MP is on the good side of all the most crucial issues. I've always felt proud to know that I live in a riding that often leads the country in progressive issues like the Insite supervised injection site.

The Vancouver East riding reaches from the Downtown East Side to Boundary Road. For the NDP, it's the safest seat in the whole country. Davies has had a lot to do with that. It's terribly sad for East Van to see her go, 18 years after she was first elected to Parliament.Some kids born that year are now old enough to vote for her. Yes, that's how long she'd been doing this. No wonder she's tired.

Four contenders will duke it out at the Rio tonight. Mable Elmore and Jenny Kwan are both sitting MLAs, and each has been a strong advocate on issues Davies has championed, from the rights of workers to progressive drug policy.

There is also Scott McLean, SFU's director of public relations, who launched his campaign by dropping an F-Bomb in his oped in the Georgia Straight.

Gwen Geisbrecht, who ran municipally for the Vancouver School Board, is also in the race. Each appeals to a different East Van constituency.

It's an important decision. Davies' departure gives hope to Liberals and Greens that a juicy B.C. seat could be up for grabs. The NDP needs a candidate who can definitely keep the seat orange.

For those of us used to bragging about how our MP shows the rest of the country how it's done, the NDP's choice of candidate will either give us hope that East Van can remain an oasis in the creepy desert of Stephen Harper's Conservatives, or force us to look for a new heir to the East Van throne.

Trish Kelly lives and votes in East Vancouver. She'll see you at the Rio. Follow her on Twitter: @trishkellyc

Your Vancouver

Evening glory

The sun sets over Burrard Inlet in this photo taken at Ambleside in West Vancouver on March 1.
PILAR ENCINAS/CONTRIBUTED

SEE YOUR SHOT HERE:
Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

Telephone town hall

On Monday, the Mayors' Council is holding a telephone town hall meeting with Richard Walton, mayor of the District of North Vancouver, and Darrell Mussatto, mayor of the City of North Vancouver. The town halls are part of the mayors' outreach to the public regarding the transportation and transit referendum. It runs from 7 to 8 p.m.
THE CANADIAN PRESS

Medical marijuana

Beginning Monday and running all week is a hearing on a constitutional challenge of Canada's new medical marijuana laws. The federal court challenge filed by medical marijuana patients aims to strike down the current law, known as the Marijuana for Medical Purposes Regulations (MMPR).
THE CANADIAN PRESS

Terrorism trial

The B.C. Supreme Court trial continues Monday for John Nuttall and Amanda Korody, who are charged with conspiring to blow up the B.C. legislative building in the midst of Canada Day festivities in 2013. The trial runs through April 2. THE CANADIAN PRESS

Delta hockey mom case

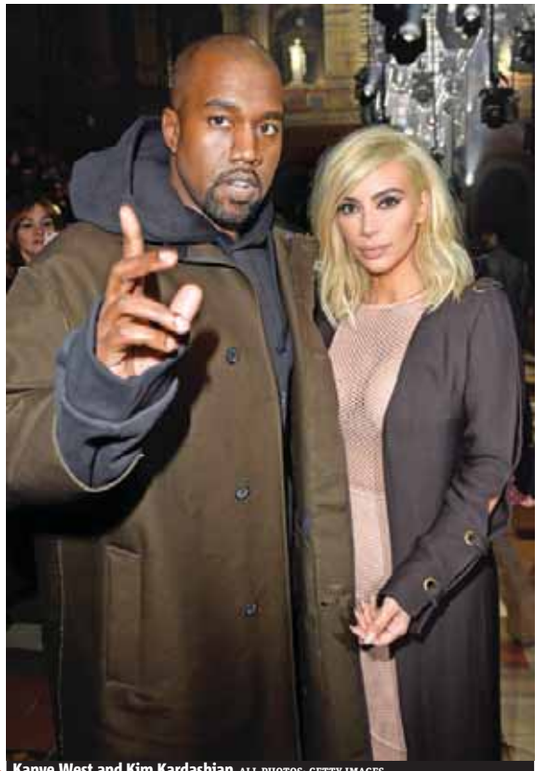
There is a scheduled B.C. Supreme Court date scheduled for Josef Gopaul, who is accused of second-degree murder in killing of a Surrey hockey mom. Julie Paskall, 53, a mother of three, was attacked and killed outside the Newton Arena in December 2013. THE CANADIAN PRESS

metro
Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, Features** Amber Shortt • **Managing Editor, Canada, World, Business** Matt LaForge • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Carolyn Sadler • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Kanye West and Kim Kardashian ALL PHOTOS: GETTY IMAGES

Air from Kanye concert blows up

Kardashian tweet: WOW he can sell anything! Lol

I'm honestly surprised it took this long for the Internet to reach this level of crazy.

One trailblazing eBay auctioneer put up a sealed plastic bag purported to contain "air from Kanye show," which sounds pretty stupid — until you find out about the nearly 100 bidders who drove the price up over $60,000 over the course of the weekend before the whole thing was scrapped by eBay.

Air from Kanye show.

But copycats haven't let that bummer ending deter them, as several similar posts have gone live, including another bag of West air — but this time infused with bay leaves — and a bag of air from a Garth Brooks concert.

You can also grab a bag of West's flatulence for the bargain "buy it now" price of five bucks.

Good luck getting a certificate of authenticity, though.

Amal to teach at Columbia

George Clooney is coming to New York this spring to film Money Monster, and his wife won't just be hanging around seeing the sights.

Amal Clooney has announced that she will be teaching a course on human rights at Columbia Law School for the upcoming semester.

"It is an honour to be invited as a visiting professor at Columbia Law School alongside such a distinguished faculty and talented student pool," she says in a statement.

"I look forward to getting to know the next generation of human rights advocates

Amal Clooney

Cate Blanchett adopts baby

A spokeswoman for the actress said Friday that Blanchett and husband Andrew Upton have adopted a baby girl. Edith Vivian Patricia Upton joins the couple's three sons, ages 6, 10 and 13. Publicist Stephanie Gonzalez said no other details will be provided. Blanchett can next be seen on the big screen in Disney's Cinderella. The 45-year-old actress won her second Academy Award last year: best actress for Blue Jasmine.

Cate Blanchett

Your opinion makes
us BETTER.
Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.
• Answer short, online surveys
• Tell us how we're doing
• Every completed survey gives you a chance to win a $25 gift card
Sign up at www.Metronews.ca/panel
metro

Laser Hair Removal
Brazilians Have More Fun!
• 50% OFF 1st Laser Hair Removal Treatment!
(new clients only, any body area)
• Free consultations
• Services for Men & Women
604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

Homeland. Fifth season to be set in Germany, Carrie no longer a CIA officer

Time will fly between the fourth and fifth season of the Showtime spy drama Homeland, the series' executive producer Alex Gansa said.

"We're going to take about a two-year forward jump," Gansa said Friday at the opening night of PaleyFest, the annual TV celebration at the Dolby Theatre.

On the purple carpet, Gansa said the next Homeland season will be filmed in Europe, most likely in Berlin. He said the setting would be Germany.

The fourth season of Homeland was shot in Cape Town, South Africa, which doubled for Islamabad and Kabul.

Gansa later told the PaleyFest audience that CIA officer Carrie Mathison, played by series star Claire Danes, will no longer be an intelligence officer.

Many of the Homeland crew members said the fourth season was critical to the series, given the death of the character Brody, portrayed by Damian Lewis, on the third season. So the show got a "reboot," said director Lesli Linka Glatter, referring to the fourth season's new plot direction and darker-than-ever twists.

Showtime renewed the show for a fifth season in November. PaleyFest organizers said about 20,000 fans were expected over the course of the 10-day festival. THE ASSOCIATED PRESS

Claire Danes GETTY IMAGES

Hollywood. Sean Penn refuses to apologize for his 'green card' Oscar joke

Sean Penn says he's "always surprised by flagrant stupidity," in response to the outrage over his green card joke during the Oscars . GETTY IMAGES

Sean Penn has opened up about the green card joke heard around the world. He talked about it Saturday in Beverly Hills during a promotional tour for his new film The Gunman, saying that he has "absolutely no apologies" for his comment. The actor-director also offered up choice words for those who didn't recognize the irony in his remarks.

"I'm always surprised by flagrant stupidity. I keep having more hope," said Penn of the widespread outrage that followed the moment.

On Feb. 22 at the 87th Academy Awards, Penn, tasked with presenting the best picture award, made waves when he opened the envelope and first asked "Who gave this son of a bitch his green card?" before announcing the winner as Birdman.

Directed by the Mexican-born Alejandro Inarritu, many wondered whether the joke was distasteful. The term "green card" refers to a document that confers permanent residency on immigrants in the United States.

THE ASSOCIATED PRESS

France takes Anglo angle in bid for TV supremacy

New series. With a $30-million budget and an English script, France hopes the show Versailles will capture a global audience

The story

Versailles focuses on the early years of the reign of Louis XIV — the grand and self-proclaimed "Sun King" — when he ordered the vast and vastly expensive Palace of Versailles be built to house his court away from Paris and its intrigues.

Back in the day, the prospect of a French king speaking English would have been enough to trigger a century-long war.

Not any more, as evidenced by what will be France's most-expensive TV series ever: Versailles, a period mini-series of 10 episodes that will come out at the end of this year.

The makers of the series, about the famous Palace of Versailles outside Paris and King Louis XIV who had it built, have bowed before the inescapable domination of English as the global language of entertainment.

Thus their French king, one of history's most iconic monarchs, is British. Indeed, most of the cast is British or Canadian. French performers are relegated to supporting roles or in the background.

The reason for such sacrilege in a country known for protecting its language and culture is simple: France no longer wants to sit on the sidelines of the international resurgence in television.

It has seen the revolution sweeping the small screen, with cinema-grade productions being made by new players including Netflix and Amazon, and it wants to be part of it. And that means adopting English.

It also means spending big. At $30 million (around $3 million per episode, each taking 12 days to film), Versailles is the costliest TV production put on in France.

That's the sort of cash an "American super-production" would throw at the screen, boasts George Blagden, the English actor who incarnates the 28-year-old Louis XIV.

The producers — France's Canal+, Capa Drama and Zodiak Fiction allied with Canada's Incendo — are gambling their series can win the same worldwide business generated by the British-Irish-Canadian TV hit The Tudors, or the British drama Downton Abbey.

Claude Chelli, of Capa Drama, makes no bones about it. He says the decision to film Versailles in English was "to ensure the biggest international distribution possible."

AFP

In the show Versailles, the pomp and elegance of King Louis's court will be on display in front of the actual palace, seen here. THOMAS SAMSON/AFP/GETTY IMAGES

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

We're going to Mars this week with Andy Weir's amazing eBook and on a trip to Disneyland with a fun camera app.

Video game

Name. ScreamRide

For. Xbox 360/Xbox One

Rated. Everyone 10+

Getting a roller coaster to perform skateboard tricks is fun. You want to feel like you're in the hands of a maniac and the only way you get that is by downloading custom levels made by other players willing to ignore the rules.

App

Disney Side

iPhone/iPad
Free

Become your favourite Star Wars or Disneyland character with this face-tracking camera app that can adjust for eyeglasses and facial hair with impressive ease, creating both photo and video selfies.

Ebooks

The Martian

By. Andy Weir

Kindle/iBooks/Kobo

Stranded on Mars, astronaut Mark Watney can't stop laughing. His life expectancy is dire, his isolation is bleak, yet he perseveres in this well-researched survival thriller.

Stop making debt excuses

Money management. It's easy to find reasons why you're not digging yourself out of a financial hole, but you need to face reality

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Every time I think I've heard it all, someone pops up with a new way to excuse the fact that they're up to their eyeballs in debt. While the most recent research says that people are slowing their consumption of debt, and we should all feel good about that, I hear from a lot of people that haven't yet got the message. They're still saying things like this:

"We got a consolidation loan and paid off our credit cards." Really, you paid off your debt with other debt? That is not paid off, my little chickadee.

Consolidation makes sense when you lower your interest costs and then work aggressively to repay the debt. But if you're sitting back smugly because you've found a less expensive way to go broke, give your head a shake.

"Everybody's in debt, so what's the big deal?" And if everyone were running naked down the highway you'd do that, too? There's no question that debt has become so pervasive that it seems like everyone's in it.

And if you grew up in a family that had it all, including the debt, you may think this is "normal." It's not! You can make the choice to remain a money moron, or you can choose financial stability.

"I don't have time to budget." Really, your most important resource and you don't have the time to manage it? Could it be that your priorities are a little skewed? Did you know that men spend about 3.5 hours and women 2.75 hours every day watching TV?

Hey, you only need to reallocate a measly half-hour each week to money management to go from being a financial slug to not.

"My partner is the problem." I've met couples where one person is the major culprit. The other person stands meekly by as Mr. or Mrs. I-have-to-have-everything charges them into a debt hole. They shrug and claim to have no ability to change their partner's behaviour.

Here's my big question: Is this the way you're going to live the rest of your life, walking a tightrope, waiting for the axe to fall? And if you have children, do you think this is creating any sense of security?

These are the same people who turn around and use their debt as the excuse for why they're not stashing away some money for the future. Even those who think they're working hard at paying down their debt are often doing little more than throwing money at their debt. They've never taken the time to figure out how much goes to interest and how much is actually paying down the balance.

If you're serious about getting out of debt, you're not just looking at the minimum payment to keep your credit score nice and shiny. You've set a deadline and done the math to meet that deadline.

Know that if you extend the amount of time you take to pay off the debt, you'll end up paying far more in interest.

Debt-free in three steps

Here is a step-by-step guide to get out of a single debt. You must do this for every consumer debt you have.

1. Take your credit card balance, multiply by the interest rate, and divide by 12. That's the monthly interest you're paying to carry that debt. So if you're $13,500 is costing you 18.9 per cent in interest, it's costing you 13500 x 18.9 ÷ 100 ÷12 = $212.62 a month in interest.

2. Take the balance and divide by the number of months in which you want to be out of debt. So if your balance is $13,500 and you want to be out of debt in 24 months, it'd be $13,500 ÷ 24. That'll give you your monthly principal repayment of $562.50.

3. Add the two together to get your monthly payment. $212.62+562.50 = $775.12. If the payment seems to be bigger than you can manage, you have two options:

a) You can extend the number of months for the principal repayment calculation.

b) You can make more money.

Sometimes in relationships, there's a Mr. I-have-to-have-everything whose spending habits don't allow the couple to pay down debt. ISTOCK

Big Ideas, Big Data

UBC/DAA Award of Achievement in Digital Analytics

Prepare for an in-demand career and create a digital analytics blueprint with this award winning, 100% online program. This program can lead to a Web Intelligence Certificate, offered in partnership with the University of California, Irvine Extension.

Upcoming part-time courses start March 17.

cstudies.ubc.ca/da
604.822.1420

Offered in partnership with
DIGITAL ANALYTICS ASSOCIATION

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Continuing Studies

Wrap fish in a flavourful crust

Dinner. Mushrooms and almonds make a crispy topping for Tilapia

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

A mild white fish like Tilapia goes well with a flavourful topping.

This sautéed mushroom and almond crust is the perfect match.

You can use any mushroom you like, but my favourites are either oyster or brown mushrooms.

Be sure to sauté them long enough to eliminate excess moisture.

Use any nut of your choice, such as pecans or even pistachios for colour.

A hot oven of 425 F will ensure a crisper topping.

Tilapia is available all year long either fresh or frozen. You can substitute with grouper, halibut, haddock or basa.

This recipe serves four. ROSE REISMAN

Directions

1. Preheat oven to 425 F.

2. Line a baking sheet with foil sprayed with vegetable oil.

3. In large skillet, add oil and sauté mushrooms, garlic, salt and pepper for 5 to 8 minutes or until cooked and moisture has evaporated.

4. Place in the bowl of food processor, along with almonds, parsley and juice.

5. Pulse just until well mixed.

6. Spread Dijon thinly over top of fish.

7. Pat mushroom mixture over top of fish and bake for 10 minutes per inch of thickness.

8. Garnish with parsley and lemon wedges.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 2 cups chopped wild mushrooms
- 1 1/2 tsp minced garlic
- Salt and pepper
- 1/2 cup sliced almonds
- 2 tbsp chopped parsley
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 1/2 lb tilapia or other white firm fish

Garnish

- Chopped parsley
- 4 lemon wedges

Dining out. Toque! named Canada's best restaurant

Montreal restaurant Toque! has topped a list of the country's 100 best restaurants.

Hawksworth Restaurant at the Rosewood Hotel Georgia in Vancouver is No. 2 on the list, which was compiled by the new magazine Canada's 100 Best Restaurants.

Toronto's Buca, Raymonds in St. John's, N.L., and Splendido in Toronto round out the top five.

Seventy of the nation's chefs, gourmets and industry leaders were asked to submit a list, in order of preference, of what they believed to be the best restaurants. No judge could vote for a restaurant they owned, worked for, have a financial interest in, or consult for.

"Next year's results in the 2016 issue will show which of them is getting better, who is slipping — and what new talent is giving the old guard a run," says Jacob Richler, editor-in-chief of the magazine.

Chef and owner Normand Laprise at Montreal's Toque!. CONTRIBUTED

Some of the top picks in the magazine include recipes so home cooks can try replicating the signature dishes.

For the complete list visit canadas100best.com. The magazine hits newsstands March 20. THE CANADIAN PRESS

Veggie-rich pea soup a hearty meal

A hearty split pea and rice soup can be a meal in itself. With all the vegetables needed, you won't even need a side salad!

The green peas and brown rice give you a complete protein nutritionally so this is a perfect dish for vegetarians.

Directions

1. In a nonstick saucepan sprayed with vegetable spray, heat the oil over medium heat. Add the garlic and onions. Cook for 4 minutes or until softened.

2. Stir in the stock, potatoes, split peas, rice, bay leaves, basil and oregano. Bring to a boil, reduce the heat to medium-low, cover and cook for 20 - 25 minutes or until the peas and rice are tender.

3. Stir in the green beans, tomatoes, salt and pepper. Cook, covered, for 5 minutes or until the green beans are tender-crisp. Garnish with Parmesan.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 tsp vegetable oil
- 1 1/2 tsp minced garlic
- 3/4 cup chopped onions
- 6 cups vegetable or chicken stock
- 1 cup diced sweet potatoes
- 1/2 cup dried green split peas
- 1/3 cup brown rice
- 2 bay leaves
- 2 tsp dried basil
- 1 1/2 tsp dried oregano
- 1 1/2 cups green beans cut in 1-inch pieces
- 1 cup diced plum tomatoes
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper

Garnish

1/4 cup grated Parmesan cheese

This recipe serves eight. ROSE REISMAN

A sick timeline. Influenza's greatest hits

JACQUELINE KOVACS
For Metro

If you have been felled by this year's flu, it may be a small comfort to know that this nasty, mutating virus has been around for at least 2,000 years, even if folks didn't label it quite correctly.

Here is a look at influenza's greatest hits over the centuries.

4th century BC: Hippocrates, the father of modern medicine, doesn't name the virus, but notes the symptoms. It's a tricky illness to identify since many of its miserable symptoms are found in other ailments.

1493: A sickness that looks a lot like the flu wipes out most of the indigenous people in the Antilles, shortly after world explorer Christopher Columbus arrives.

1580: The flu breaks out in Russia and spreads to Europe via Africa. Spain loses almost entire cities to the virus, and it kills more than 8,000 people in Rome.

1918: The Spanish flu, one of the worst and most infamous flu pandemics, strikes and takes the lives of between 50 million and 100 million people.

1957: Thought to have originated in China, Asian flu wipes out about two million people, according to the World Health Organization.

1968: Hong Kong flu kills about one million people globally. It then returns in 1969, 1970 and 1972.

1977: Russian flu appears in Northern China and is similar to the Asian flu of 1957. Because of its similarity, those who had survived the earlier Asian flu tend to have immunities.

2002 and 2003: New strains of flu appear, including H5N1, H7N7 and H10MN7.

2005-2009: Humans infected with H5N1 appear in such places as China, Eastern Turkey, Iraq, Egypt, Indonesia, Pakistan, Nigeria, Vietnam and Bangladesh.

2009: H1N1, a flu originating in swine, is declared a pandemic by the WHO. It's the same strain that caused the Spanish flu in 1918.

The flu virus has been causing havoc around the world for at least 2,000 years. SHUTTERSTOCK

Avoiding the virus

- How can you avoid the flu? A healthy lifestyle, including a well-balanced diet, plenty of sleep, good hygiene — especially frequent handwashing — and staying well hydrated can go a long way. A flu vaccine can help you go the distance. Sure, some years they may be only 50 per cent effective, but as the medical community points out, that's a 50 per cent better chance that you may not catch the virus.

HEY VANCOUVER,
WHEN WINTER ROLLS IN
SO DO COLDS & FLU
INTRODUCING
VICKS DayQuil™ & NyQuil™
COMPLETE™
NEW!
DayQuil COMPLETE
COLD & FLU Caplets
RHUME ET GRIPPE Comprimés
NyQuil COMPLETE
COLD & FLU Liquid
RHUME ET GRIPPE Liquide
ALL IN ONE RELIEF FOR YOUR
UGLIEST, NASTIEST, ROUGHEST, TOUGHEST
COLD & FLU SYMPTOMS.*
*To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children. Vicks® DayQuil™ COMPLETE™ relieves nasal congestion, nasal pain, sinus congestion, sinus pain, chest congestion, cough due to minor throat & bronchial irritation, sore throat pain, headache, minor aches & pains, fever, thins & loosens mucus and relieves cough with phlegm. Vicks® NyQuil™ COMPLETE™ relieves nasal congestion, sinus congestion, sinus pressure, cough due to cold, minor aches & pains, headache, fever, sore throat pain, runny nose, and sneezing.
© Procter & Gamble, Inc. 2015.
PHC-13942

A slam dunk for gender equality

Workplace. Facebook's Sheryl Sandberg enlists NBA stars to persuade more men to support women's rights

Facebook executive Sheryl Sandberg has enlisted NBA stars LeBron James, Stephen Curry and some of the basketball league's other top players to convince more men to join the fight for women's rights at home and at work.

The players will deliver the message in public service announcements aired during NBA games on major TV networks over the next few months.

Sandberg is hoping to persuade men that they will be better off financially and emotionally if they take more responsibility for housework and child care, while also backing equal rights for women at work.

"Gender equality doesn't just benefit women, it benefits men in lots of ways," Sandberg said in an interview with The Associated Press. Among other things, she believes most women are likely to have sex with their husbands or partners more frequently when they get more help at home — a phenomenon she has branded as "choreplay."

The clips featuring the basketball stars are part of a partnership between the NBA and LeanIn.org, a non-profit group Sandberg started two years ago with the publication of a bestselling book advising women on the steps they should take to ensure they get the same opportunities as men traditionally have.

Sandberg has enlisted NBA stars LeBron James, Stephen Curry and some of the basketball league's other top players to convince more men to join the fight for women's rights at home and at work. RICHARD DREW / THE ASSOCIATED PRESS

The book, Lean In: Women, Work, and the Will to Lead, also urged men to do more to support the women and girls in their lives. Sandberg, Facebook's second-highest ranking executive behind CEO Mark Zuckerberg, is counting on the NBA's appeal to connect with millions of sports-loving men who haven't read her book.

LeanIn.org is providing men with tips on how to help in brochures that will be available online as part of the campaign with the NBA.

Facebook is among a long list of major Silicon Valley companies with a dearth of women in engineering and other technical positions, where the best-paying jobs are found.

"Certainly technology has an uphill battle to fight, but no industry has gotten to where it should be," Sandberg said.

"The only way anything really changes in society is when we have everyone in society pulling together."

Several technology companies, including Facebook, Google, Yahoo and Microsoft are backing a campaign that will be punctuated with #LeanInTogether.

The National Basketball Association has been running a separate league for women for nearly 20 years. Several WNBA players, including All-Stars Sue Bird and Skylar Diggins, appear in the public service announcement that also features the Golden State Warriors' Curry and the Cleveland Cavaliers' James, the players who got the most votes in the fan balloting for last month's NBA All-Star game.

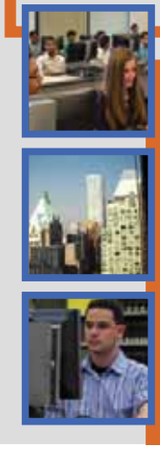
The union representing the NBA players also elected a woman, Michele Roberts, as its executive director last year. Meanwhile, the San Antonio Spurs hired woman, former WNBA star Becky Hammon, as an assistant coach at the start of this season.

"The NBA is committed to creating a work environment that expects — and benefits from —gender equality," NBA Commissioner Adam Silver said.

THE ASSOCIATED PRESS

Universal Learning Institute
INFORMATION TECHNOLOGY
Programs start up monthly in a continuous intake cycle. Call today to register.
• Information Technology Certification
• Software Development
• Internet Programming
Get essentials certifications and valuable work experience
604.273.2880 • www.uli.ca
VANCOUVER & RICHMOND CAMPUSES

CORNERSTONE
International Community College of Canada
WEB & MOBILE
Application Diploma
1 Year Diploma
+ 6 months paid Co-op
Apple IT Lab iOS & Android
Student Loans & Tuition payment options
Enroll now for May & Aug from $6,995
604-687-5414 / info@ciccc.ca / www.ciccc.ca



- Study the fast-growing field of computer security at a global technology institution.
- NYIT offers BC's only graduate degree in computer security.
- Access a variety of internship and practicum opportunities.

Visit: nyit.edu/canada
Call: 604.639.0942
Email: vancouverinfo@nyit.edu
701 W. Georgia St. 17th floor, Vancouver

NYIT New York Institute of Technology Vancouver

MLS

Season-opening loss doesn't worry Caps manager

Vancouver Whitecaps manager Carl Robinson is not overly worried about his team's performance in a 3-1 home-opener loss to Toronto FC on Saturday afternoon.

Having taken the lead in the first half, the Whitecaps threatened to increase their tally. Failing to capitalize, Toronto scored three straight goals during a lacklustre second half from Vancouver.

"Nothing gives me cause for concern," said Robinson post-game. "We lost the first game on the season, we were outstanding in the first half.

"In the second half, coming out we had no spring in our step."

The Whitecaps have had similar results in seasons past, where they start with a bang before hitting a rough patch.

However, the first game is not indicative of the season.

In 2012, Vancouver endured a late seven-game winless streak, but managed to secure the final playoff position in the Western Conference.

In 2013, Vancouver had an early seven-game winless streak. Although finishing the season with higher goal and point totals, Vancouver missed the playoffs by three points.

Increasing their point total last season, Vancouver edged Portland by one point to secure the final playoff spot in the west.

Robinson believes his team possesses the ability to find the extra goal that was lacking against Toronto.

"We know we've got fantastic personnel, young players with great transitional strengths," said Robinson. RYAN LEHAL/FOR METRO

Pospisil carries Canada past Japan

Davis Cup. Vancouver tennis player defeated Go Soeda in the final match of first-round tie

CAM TUCKER
cam.tucker@metronews.ca

It was Vasek Pospisil's turn. And with the nation's tennis hopes on the line, he delivered.

The 24-year-old from Vernon, B.C., sent Canada through to the Davis Cup quarter-final, where they'll meet Belgium in July, after a dominant performance over Japan's Go Soeda at the Doug Mitchell Thunderbird Sports Centre on Sunday.

Pospisil defeated Soeda in straight sets, 7-5, 6-3, 6-4. He ended it with an ace, resulting in a massive eruption of cheers from the partisan Canadian crowd. Posposil dropped to his knees, arms outstretched with his fists clenched.

Pospisil then took a lap with the Canadian flag around the temporary tennis court. Canada defeated Japan 3-2 in the best-of-five competition this weekend.

"It feels great, I'm not going to lie," said Pospisil.

"Best feeling in the world right now. Pretty amazing, especially doing it here at home in Vancouver."

Canadian captain Martin Laurendeau leaned on Milos Raonic, ranked sixth in the world, to close it out earlier in the day. Despite a thrilling battle, Raonic lost in a five-set epic to Kei Nishikori.

That forced Pospisil into action.

"It's a tough position," said Pospisil.

Vancouver's Vasek Pospisil is hoisted in the air by teammates after defeating Japan's Go Soeda during a Davis Cup matchup at the Doug Mitchell Thunderbird Sports Centre on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Making it interesting

Earlier in the day, Nishikori, ranked No. 4 in the world, beat the sixth-ranked Raonic 3-6, 6-3, 6-4, 2-6, 6-4 in three hours four minutes to keep his country alive in the tie.

"Today, it looks like, 'Oh, maybe I won't play.' You know? You're not quite sure. You're watching and you can't help it. You just can't ignore the fact. You're trying to ignore it a little bit as well and just prepare as much as you can in your own match."

He carried the team the rest of the way. In the final set, Pospisil showed that killer instinct. He captured 14 of a possible 14 points on first serve, and another six on second serve.

Soeda admitted to having difficulty responding to Pospisil's serve.

He made clutch shots and was able to break Soeda early in the third set, taking full control of the match, ending it in one hour, 49 minutes.

"Today was a matter of gauging his energy and make sure he doesn't get over-excited, but make sure he's playing aggressive tennis and playing to win," said Laurendeau. "He did that beautifully. So I tip my hat to him. It was a great performance."

Follow Cam Tucker on Twitter @camtucker_metro

Team Canada skip Pat Simmons, left, is hoisted up by third John Morris as they celebrate defeating Northern Ontario in the gold-medal game of the Brier at the Scotiabank Saddledome in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Team Canada pulls off upset to win Brier

The first team to wear the Maple Leaf at the Canadian men's curling championship can wear it again next year.

Pat Simmons, John Morris, Carter Rycroft and Nolan Thiessen upset Northern Ontario's Brad Jacobs 6-5 in an extra end of Sunday's final of the Tim Hortons Brier.

With a guarded Northern Ontario stone on the four-foot rings, Simmons drew for a piece of the button and the win.

"I'm really proud of the boys for hanging in there today," Simmons said. "It was a tough mental battle out there against a great team."

Bronze-medal match

Earlier Sunday, Saskatchewan's Steve Laycock defeated Newfoundland and Labrador's Brad Gushue 7-5 in 11 ends for bronze.

A shakeup to their lineup earlier in the week transformed the team into a contender. A demoralizing loss to Saskatchewan on the third day of the tournament dropped them to 2-3.

Morris made the eyebrow-raising decision that night to demote himself to third and hand skipping duties over to Simmons. They went on a 5-1 run with their lone loss to Jacobs and claimed the fourth and final playoff berth with a 7-4 record. THE CANADIAN PRESS

4 SPORTS

Flames' comeback falls short

NHL. Senators squander four-goal lead, barely hold on to victory in shootout

Third-period leads haven't been safe this season when facing the Calgary Flames. And the Ottawa Senators nearly learned that the hard way on Sunday.

Erik Karlsson scored the winner in the sixth round of the shootout as the Senators held on to defeat the Flames 5-4 after blowing a four-goal lead in the final 20 minutes.

"We knew they were going to come (in the third) and they're a team that doesn't quit and we saw that tonight," Senators forward Mika Zibanejad said.

Alex Chiasson, Milan Michalek, Mark Borowiecki and Mike Hoffman scored in regulation for the Senators (30-23-11) while Craig Anderson made 42 saves.

Kris Russell scored twice for the Flames (36-25-5) while Joe Colborne and Mikael Backlund had one each.

On Sunday

Senators	Flames
5	4

Colborne scored at 6:56 of the third to end the shutout bid of Anderson, who was making his first start since Jan. 21- a span of 17 games.

Russell scored a power-play goal at 11:28 and 59 seconds later Backlund ended a wild scramble by beating Anderson and trimming the Senators lead to 4-3.

"We just really got away from our game," Borowiecki said. "We got a little too cute and I think maybe we thought it was point night going into that (third) period — rack 'em up and pad the stats.

Russell tied the game at 17:45 to force the extra session and shootout.

The win was the third straight for the Senators.

THE CANADIAN PRESS

The Senators' Mark Stone checks Josh Jooris of the Flames at Canadian Tire Centre on Sunday night. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

NHL

Canes beat Oilers in barnburner

Elias Lindholm had three goals and two assists, Jeff Skinner scored twice and Carolina rallied from three goals down to beat the Edmonton Oilers 7-4 on Sunday.

Lindholm's hat trick was the first of his career, and Alexander Semin and Andrej Nestrasi also scored for Carolina, who last erased a three-goal deficit exactly one year ago in a 5-4 loss at the New York Islanders. THE ASSOCIATED PRESS

Avalanche hold off late Wild run

Semyon Varlamov stopped 29 shots, Zach Redmond had a goal and an assist, and the Colorado Avalanche beat the Minnesota Wild 3-2 on Sunday night.

Cody McLeod and Gabriel Landeskog also scored for Colorado. Chris Stewart and Thomas Vanek both scored late for the Wild. THE ASSOCIATED PRESS

NBA

Raptors suffer the wrath of Westbrook

Russell Westbrook posted his fifth triple-double in six games to help the Oklahoma City Thunder beat the Toronto Raptors 108-104 on Sunday night.

Westbrook, the NBA's leading scorer, had 30 points, matched a career high with 17 assists and grabbed 11 rebounds for his seventh triple-double of the season and 15th of his career.

Enes Kanter had 21 points and 12 rebounds and Serge Ibaka had 21 points and five blocks for the Thunder. The Thunder shot 51 per cent from the field and outrebounded the Raptors 49-33.

DeMar DeRozan scored 24 points and Terrence Ross added 20 for the Raptors, who lost their third straight.

Toronto had eight turnovers all game. Toronto made all nine of its free throws. THE ASSOCIATED PRESS

Service Directory

To advertise call 604.602.1002

FINANCIAL

MoneyProvider.com
$500 Loan and more
Fast, easy and secure
No credit refused
1-877-776-1660
www.moneyprovider.com

FCR Foreign Credential Recognition Loan Program
SUCCESS
Information Sessions
Are you?
- An Internationally Trained Professional? (Nurse, Engineer, Tradesperson, Dentist, etc.)
- A Canadian Citizen or Permanet Resident living in BC?
- Lacking affordable financial support for tuition, assessment, association or exam fees?

Contact us today, to see how we can help!
Funded in part by the Government of Canada | Canada
phone: 604.232.1100 email: FCRloaninfo@success.bc.ca
website: www.success.bc.ca/FCRloan/events

EVER FOREX
BEST EXCHANGE RATES GUARANTEED!
- Money Exchange
- Worldwide Money Transfer
- 24*7 Online Trading

Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

TAX SERVICES

CGA PERSONAL TAX starting at $30
Students & Seniors at $25.00
Self-Employed starting at $80.00
Cong Li, CGA • Tel: 778-889-3880
Office Hours: Mon-Sunday, 8am-6pm

EDUCATION

Become a Certified English Teacher
Our TEFL / TESOL Graduates are Teaching in:
China Mexico France
Korea Brazil Japan Canada
Join us: 604-983-2664
www.cclonline.ca
the Canadian College of Linguistics
FREE trial lesson

metro
Your Ad Here!
CALL 604.602.1002
FOR MORE INFORMATION

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You don't have to wait until later this month to plan what you are going to do. Start now. The more you look ahead the more successful you will be.

♉ Taurus
April 21 - May 21
Don't take someone's negative remarks to heart because either they don't mean what they say or they don't realize how offensive it sounds to you.

♊ Gemini
May 22 - June 21
It may seem as if the world is falling apart but it really isn't that bad, and what is bad is part of a larger plan.

♋ Cancer
June 22 - July 23
One of the most challenging times of the year will begin when the Sun changes signs on the 20th but between now and then there are plenty of things you can do to make life easier for yourself.

♌ Leo
July 24 - Aug. 23
Make an effort to talk over your problems, especially your money problems, with someone who can not only lend a sympathetic ear but can help you with practical advice.

♍ Virgo
Aug. 24 - Sept. 23
You have been playing a number of roles in recent weeks but you need to remember that they are make believe and not reality.

♎ Libra
Sept. 24 - Oct. 23
Look for ways to co-operate with colleagues and people in positions of power. You have wasted enough time and energy trying to outdo each other.

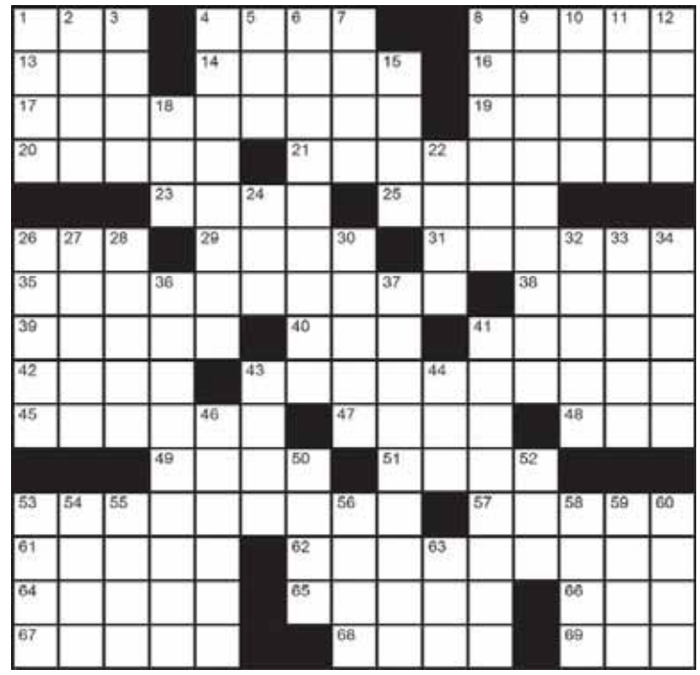
♏ Scorpio
Oct. 24 - Nov. 22
According to the planets you have become too set in your ways of late — yes, even more so than usual — and now you must loosen up a little and let other possibilities into your life.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on what really matters. It may be hard for someone like you who is so easily bored to concentrate on just one thing.

♑ Capricorn
Dec. 22 - Jan. 20
Looking around at the world you might come to the conclusion that the times are not as good as they should be. So how can you make them better?

♒ Aquarius
Jan. 21 - Feb. 19
Your mind will have to work hard this week, so don't do anything too strenuous physically.

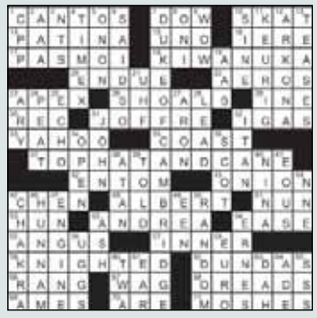
♓ Pisces
Feb. 20 - March 20
What you own and what you earn is on your mind constantly at the moment but don't worry yourself sick about it. There are more important things in life than dollars and cents, so keep a sense of perspective.



Across
1. Vintner's 'dry'
4. Howard Stern's producer 'Mr. Booey'
8. Comic actor Mr. Shore
13. Clearasil rival, __ 5
14. "_ __ Life" (1998)
16. Prefix pertaining to blood vessels
17. Animated comedy on FOX: 2 wds.
19. Opera soprano Beverly
20. Rectify
21. Vancouver Island town, 'Heritage by the Sea'
23. "_, __ is me!"
25. Palm starch
26. Back then
29. Bus. name abbreviations
31. 6/49 and Max
35. Big park in Montreal: 2 mots
38. Suffix meaning 'collection'
39. Seizes
40. Melissa of movies
41. Marlon Brando's "Superman" (1978) role
42. Water bird
43. Archie: Riverdale High professor
45. 50th Anniversary! Song from "The Sound of Music" (1965)
47. Pipsqueak pup
48. Sample
49. Archeological site of western Iran
51. __ Alberni, BC
53. Words stamped on a spy's dossier
57. Mirage vision
61. Mrs. '__ Goes to Paris (Paul Gallico novel)
62. Place to check outerwear
64. Bar chair
65. Man, in Montreal
66. Skater Midori
67. 'Sleep'-meaning prefix
68. 'Kind' suffix
69. Don't keep up

Down
1. Chesterfield
2. Test
3. Flower cluster
4. Pianos of this brand
5. 'Lull' ending
6. Taps, for one: 2 wds.
7. Water: Spanish
8. Turn a particular Monopoly corner: 2 wds.
9. Band performing the song at #36-Down
10. Fancy fruit
11. Lively tune
12. Mr. Shmenge ("SCTV" character)
15. Late guitarist Mr. Barrett's
18. Ancient veil-giver
22. Ivy League school
24. Man. neighbour
26. Chilly
27. Legendary Greta
28. Breath __ __ (It's nice when it's fresh)
30. Historic French title of respect
32. Predictions pack
33. __ __ the other (Not both)
34. Chips, often
36. "FashionTelevision" theme tune
37. Song by Canadian singer Kandle: 4 wds.
41. Canoeist's keeping-straight paddling moves
43. Financial-related, briefly
44. Antacid brand
46. Morning mixture
50. Architectural shape
52. Road surface
53. Itar-__ (Russian news agency)
54. A conjunction/A preposition... Together here.
55. Graduation ball
56. Mr. Musk
58. Earth
59. Bit
60. City haze
63. Morning hrs.

Yesterday's Crossword

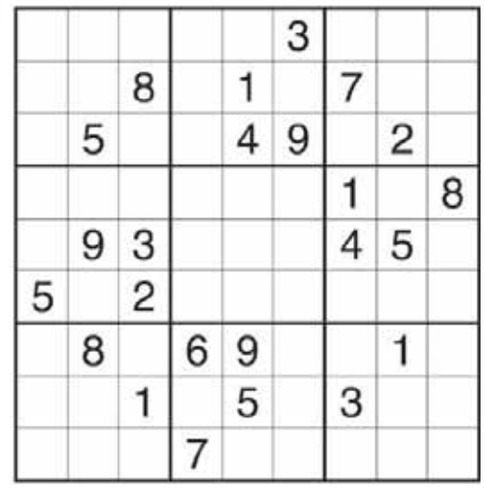


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	1	8	5	4	3	9	2	7
5	7	2	6	8	9	3	1	4
9	3	4	2	7	1	5	6	8
4	2	6	3	1	8	7	5	9
3	5	1	9	6	7	8	4	2
7	8	9	4	2	5	1	3	6
1	4	5	8	9	2	6	7	3
8	6	3	7	5	4	2	9	1
2	9	7	1	3	6	4	8	5

Your opinion makes us BETTER.

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

• Answer short, online surveys • Tell us how we're doing • Every completed survey gives you a chance to win a $25 gift card

Sign up at www.Metronews.ca/panel

metro

VANCOUVER FASHION WEEK

MARCH 16 - 22 QUEEN ELIZABETH PLAZA

FALL / WINTER 2015

www.vanfashionweek.com